



Project DITEAM12

Diverse and Inclusive teams for children under 12



COMPETENCES FOR COACHES



CLUB'S ROLE IN EDUCATING CHILDREN ABOUT VALUES

- What is this competence?
- Why is this competence needed?
 - How could children/ parents/ coaches benefit from this competence?
- How can this competence be achieved?



“A value is a goal, stable over time and in multiple situations, that directs our thinking, our emotions and our actions (behavior). It is a guide that facilitates the choice of a decision and are specific to each person. Values are constructions obtained through a teaching-learning process or through the self-construction of concepts”.
(Pepper, 2021)

SESSION TO WORK ON "SPORTS VALUES" WITH COACHES THROUGH REFLECTIVE QUESTIONS

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- What are values? What are the values by which you are guided in life?
- What are the values with which you feel most identified?
- What values do you think can be worked through sport? How? What ideas do you propose?
- What values would you like your athletes to learn from you?
- What idea could the club do that has not been done so far to promote values education?

If it is possible to answer these questions in a group of coaches at the end you can share all the answers and create a list of ideas.



For coaches: Which 10 values would be the most important to work on with your athletes?





[Activities]

Once you have the values: select a month of the season in which you are going to work on each value.



2022

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1			1	2	3	4	5			1	2	3	4	5							1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28						27	28	29	30	31	24	25	26	27	28	29	30		
30	31																										

MAY							JUNE							JULY							AUGUST											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
					1	2					1	2	3	4						1	2						1	2	3	4	5	6
3	4	5	6	7	8	9	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13					
10	11	12	13	14	15	16	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20					
17	18	19	20	21	22	23	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27					
24	25	26	27	28	29	30	26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31								
29	30	31												31																		

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER												
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S						
					1	2	3						1	2	3	4	5						1	2	3						1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10						
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17						
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24						
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31						
							30	31																									



Define the way in which you are going to educate that value. For example: What weekly task or activity will you do with your athletes to teach the value of healthy lifestyle habits?

Snacking on fruit after training

How are you going to reward your athletes for working on this value?
For example:

the athlete who fulfils the task every day of the week (snacking on fruit or respecting teammates) will get more minutes in the





SOME IDEAS TO EDUCATE IN VALUES:

- 1) Create a recycling "clean point" in the sports facility (environment).
- 2) Take the athletes to train on the beach or in the mountains and make a garbage collection (environment).
- 3) Make a toy collection campaign in December for Christmas (solidarity).
- 4) Offer scholarships to foster children to be able to train (equality).
- 5) Make visits to children's hospitals
- 6) To make a solid race for children with disabilities.
- 7) Celebrate the "international days".
- 8) Establish as a rule that children shower after training (hygiene).
- 9) Distribute fruit after training (healthy habits).
- 10) Establish punctuality rules for training sessions (punctuality and respect).



[Activities]

create a ten list values
values and put it on a
huge banner at the
sports venue

ENGLISH SCHOOL

The Decalogue for a Happy & Healthy School Environment

- 1** ▶ **We are all different and unique**, be friendly and polite to everyone.
- 2** ▶ **Respect people wherever you are...**
Respect yourself.
- 3** ▶ **Respect the places around you** (school, street, home, parks, nature... Planet Earth).
- 4** ▶ **"Please", "Thank you" and "Sorry"...** three words that should always be on the tip of your tongue.
- 5** ▶ **Treat others as you like to be treated:** be kind, considerate and patient.
- 6** ▶ **Think before you act. Think before you speak.**
Remember: what sounds good to you might be offensive to someone else.
- 7** ▶ **Ask for help** if you need it.
- 8** ▶ **Help others** when they need it.
- 9** ▶ **Do not be a passive witness.**
Report what you know to be wrong or bad. Together we can all help each other.
- 10** ▶ **Be positive.**
Never give up!



Good Practices





Good Practices

